



HOPE

C.A.T.S

**CUMBRIA ADVISORY THYROID SERVICE
GIVING HOPE TO THYROID PATIENTS EVERYWHERE**

Hello Everyone

Hello everyone and welcome to our Spring 2026 update, we have had some new members join our group during the last few weeks, so we are sending out a warm welcome to all our new members, and hope they will enjoy being part of our CATS Thyroid Friends group.

The last 2 months have been busy with lots of phone calls, letters and e-mails to reply to. Thyroid problems can be complex with lots of questions you need answers to especially when you are just at the start of your Thyroid journey so don't forget we are always happy to answer any Thyroid questions you may have.

Also, please remember all information we supply to you is free and we do not limit the time we spend with you or the number of questions you need to ask us. Unfortunately, these days GPs are so busy and they don't have the time to spend with patients answering lots of questions or dealing with lots of health problems linked to Thyroid issues. CATS aim is to give the information and advice you need to help you manage your Thyroid condition and thereby help you to lead a better quality of life. We are seeing more and more folk being diagnosed with Thyroid problems but unfortunately not everyone knows about our group and the way we can support you during your Thyroid journey. So, if you know anyone who has Thyroid problems please tell them about CATS. We can also offer any non-members a free newsletter so they can see if they would like to join our Thyroid Friends group

HOPE EVERYONE HAD A HAPPY EASTER

EASTER 2026 EDITION

Message from Moyra

Unfortunately, the positive news I shared with everyone in our New Year update about CATS services returning to normal again is going to have to be put on hold for a few weeks longer. My treatment I had for my vascular loop/ facial neuralgia last October hasn't worked as well as it should have. So, I am having to have some further treatment, so by the time you get this newsletter I will have been to Leeds hospital to have this treatment. Now I've had this done and I give myself a little time to recover we will be returning to normal with everything.

Meanwhile our information services. Telephone help-line 01229 869705 and newsletters will all continue plus our website www.cumbriancats.co.uk is always available 24/7 and is full of useful Thyroid information and advice for you to look at.

Thyroid Friends / Gold Stars

We would like to thank everyone who supports the work we do by being a member of our Thyroid Friends club. We are a self-funding not for profit community group so any money we raise is used to support the work we do. Membership is just £6.00 each year so if you can support us, we would be very grateful. We accept payment by cash, cheques, PayPal or if you prefer to pay by BACS please contact me for details.

** If you have a gold star in your newsletter this indicates that your membership is due soon. If you can continue to support us, can you please do so as this is our main source of funds.

Did you know...?

Your Thyroid gland controls every part of your body and if this gland isn't working as it should be, there is over 300 health conditions that can develop because of a dysfunctional Thyroid.

If you would like to know more about this, please contact me at the CATS Office.

Heart Disease and Thyroid

Most ladies are protected from developing heart disease by their female hormones but once we reach menopause age, we are just as much at risk as our male members. Having a family history of heart problems, being over-weight, being a smoker, unhealthy life styles and having high blood pressure and high cholesterol or not doing much exercise can all add to the risk.

Under-active Thyroid patients often have high cholesterol levels, along with fluid retention and put on extra weight that is difficult to get rid of. These problems can have a negative effect on our hearts and we often see these patients developing Angina as they get older.

Over-active Thyroid patients don't usually gain too much weight but often have a rapid or irregular heart rate and a fast pulse. Over time these symptoms can cause blood pressure issues along with palpitations, breathlessness and swollen ankles. All these problems can put a strain on our hearts and in some cases could develop into more serious heart problems.

The good news is with the modern treatments available heart disease is treatable and not a life sentence as it used to be. If you have a family history of heart problems, please see your GP for regular check-ups so if problems are developing, they are easier to treat.

Weight Loss Jabs

I recently talked about the weight loss jabs that are becoming popular to help patients lose weight I haven't had time to do anymore research about this subject and the effect on our Thyroid's. However, one of our members has volunteered to come along to one of our coffee shop meetings and give a talk about her experience of the jabs. We are hoping to arrange this event towards the end of the summer but I haven't got a date arranged yet. Please keep checking our Facebook page and our website for more news about this.

Dementia and Thyroid

These days we hear a lot about patients being diagnosed with Dementia. Dementia, or Alzheimer's, can start with any health condition that limits the supply of blood to your brain, leading to the brain cells in various parts of your brain dying. This can cause poor memory, forgetfulness, confusion, mood swings along with tiredness and hallucinations in some patients. So, heart conditions, strokes, vascular disease, poorly controlled diabetes and health conditions that cause poor circulation can all be triggers.

Under-active Thyroid patients often have poor circulation so can also be at risk especially as they get older. However, there are also other triggers such as the hereditary factor, depleting levels of various vitamins and minerals, brain damage due to accidents or surgery and damage from various virus infections and some medications. We also have an aging factor that stops our body from functioning as well as it did when we were younger.

There are various kinds of Dementia, some are mild and show a very slow decline. Whereas other kinds can develop more rapidly and be more aggressive. However, the good news is that there are medications available to help with this problem. So, if you are worried about your memory or experiencing forgetfulness, please book an appointment to see your GP so tests can be carried out to diagnose what the problem is as there are other conditions that can mimic Dementia problems.

Fund-raising event

Rachael our admin manager has arranged a CATS fund-raising event. This event will be held at the Town Hall in Barrow LA14 2LD on Saturday 11th July (time 10.00 am to 2.00 pm). Rachael will have a table with home-made gifts for sale (Rachael's Crafts). We will also have a Thyroid information stall and tombola and raffle stalls. If you are free, please come along to say "hello" and support this event.

Lichen Sclerosis and Thyroid

Lichen Sclerosis is something I have not talked about before, despite it being a very common health problem with Thyroid and Diabetic patients.

Lichen Sclerosis is a chronic skin disorder that causes thin itchy burning irritated white patches of skin mostly around the genital and anal areas. It mostly affects post-menopausal ladies but can occur at any age and can also affect men and children. Most ladies will experience female dryness when they reach menopause age. This can be treated with moisturizers or prescription creams from your doctor.

However, Lichen Sclerosis does not respond to simple remedies and treatment usually involves using a strong steroid prescription cream to calm down the irritation and prevent scarring of the skin plus regular monitoring from your GP. This problem is not caused by poor hygiene but more evidence is now showing an auto-immune link may be the cause Auto-immune health conditions are very common and are triggered by antibody activity working against various parts of your body and preventing them working properly.

Research is showing that in many cases the antibody activity is triggered by an inflammatory process in the digestive system. Cutting out or limiting foods that can cause inflammation such as gluten foods, wheat and dairy foods, spicy foods and high sugar foods can calm down the antibody activity in many cases.

If neglected Lichen Sclerosis can become serious and develop into a form of cancer. However, this is rare and most cases do not become serious and can be treated by your GP. However, it is most important to get Lichen Sclerosis diagnosed as soon as possible so treatment can be started to prevent any serious developments.

Passing Thoughts

"SCATTER FRIENDSHIP LIKE CONFETTI"

I noticed this on Facebook, and it made me smile. So, I am sharing it with you, and I hope it makes you smile too

TIME IS TOO SHORT

One minute you're wild and young and free
The next you're on statins, vitamin D
And monthly bloods so the doctor can see
If kicking the bucket is likely

One minute you're daring and raring to go
The next you've arthritis and gout in your toe
All you can do is go with the flow
And limp to the finish line slowly

Or pull up your socks and get buckled in;
So, what if your fat and your hair is going thin
Turn up the stereo, dance to the din
And be how you feel on the inside

Time is too short; you may have less than you think
So only do things that tickle you pink
Greet every day with a smile and a wink
And get out of your bed on the right side

Lorraine Voss (March 2026)

Medication Shortage

Pharmacists are reporting that some of the popular prescribed medications are becoming difficult to get, this may mean that you may have to wait a few extra days before you receive your medication, So please leave extra time for this when you put in your prescription. For most medications there is a suitable substitute if your usual medication is unavailable. However, you may be given a different band from a different pharmaceutical company or even a different medication and these may contain different additives or preservatives to the medication you usually get. Some Thyroid patients can be sensitive to these additives and preservatives so please be aware of this and report any strange side effects, you get to your GP.

*** One brand of Levothyroxine that quite a few patients are sensitive to is the TEVA brand so please be aware of this.

Coeliac Disease and Thyroid

Coeliac disease is an auto- immune condition where patients can't tolerate Gluten foods and is closely linked with Thyroid problems. If a patient with Coeliac should eat some gluten food, they usually have a bad gastric reaction and will feel very ill. So, these patients have to stick to a very strict gluten free diet If you find that when you eat gluten food you don't feel well you could maybe get tested to see if you are Coeliac. This is just a simple blood test from your GP but in order to get a true diagnosis you must eat gluten foods each day for at least 3 weeks before having the blood test. Some Thyroid patients are not actually Coeliac but are sensitive to gluten and can only tolerate very small amounts of gluten foods at any one time.

That's All for now Folks

Once again, we have come to the end of this newsletter, we hope you enjoy reading the subjects we have covered in this edition. Please let me know if there are any special things you would like me to write about. Also, if you have any Thyroid news or information you would like to contribute to the newsletter please contact me at the office.

Many thanks to everyone who sent extra donations along with membership payments during the last few weeks. We will be back in JUNE with another up-date Meanwhile Keep well, keep happy and keep safe. X Moyra

C.A.T.S. GIVING THYROID SUPPORT TO PATIENTS FOR OVER 25 YEARS

Contacting us

There are a few ways to contact us

By telephone: **01229 869705 or 07721 575153**

By post: **The C.A.T.S. Office, The Old Cottage, Garden Terrace,
Baycliffe, Ulverston, Cumbria, LA12 9RP.**

By email: **moyramm@yahoo.co.uk**

Or by our website: **www.cumbriancats.co.uk**

And use the contact us button

Best Wishes

Moyra x

C.A.T.S. information guidelines

Please note that all information supplied to C.A.T.S. will be used in the strictest of confidence and will not be passed on to any other source

ALL C.A.T.S. VOLUNTEERS WORK TO STRICT CONFIDENTIALITY RULES AT ALL TIMES

Any information produced in this newsletter is to help those people suffering with Thyroid disease.

Whilst every effort is made to provide accurate information, it is impossible to ensure that all information is relevant to every individual. No responsibility is accepted by C.A.T.S. and it is recommended and essential that if in any doubt about your condition that you should always consult your doctor, specialist physician or surgeon to seek medical advice.

C.A.T.S. recommends that you always seek your doctor's advice

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